



One out of every 100 high school female athletes will suffer a serious knee injury this year.

Serious knee injuries are sidelining athletes at an alarming rate with over 100,000 anterior cruciate ligament (ACL) injuries occurring in the United States each year. Most of these injuries are non-contact injuries occurring in sports such as soccer, basketball and volleyball that involve pivoting, cutting or jumping. Over a decade ago, the physicians at Cincinnati Sportsmedicine and Orthopaedic Center recognized the need for prevention programs for female athletes to address these serious knee injuries.

In conjunction with the findings by Cincinnati Sportsmedicine, the NCAA stated that "prevention programs designed to increase neuromuscular control, improve balance and teach avoidance strategies for at-risk situations appear to be effective in decreasing injury rates."

With features on ESPN Sports Center and in the New York Times and USA Today, coaches, parents and athletes are taking notice of Sportsmetrics™!

Take action so you don't have to spend a season on the sidelines.



GET SCREENED! The Sports Injury Prevention Test measures several important factors such as an athlete's strength, coordination and body alignment. This compilation of tests compares the athlete's performance to a large research database of over 800 athletes. Researchers use this data in their efforts to understand factors which may predispose athletes to injury. Tests take approximately 45 minutes and are performed at Deaconess Hospital. Tests must be scheduled through the Cincinnati Sportsmedicine Research and Education Foundation.

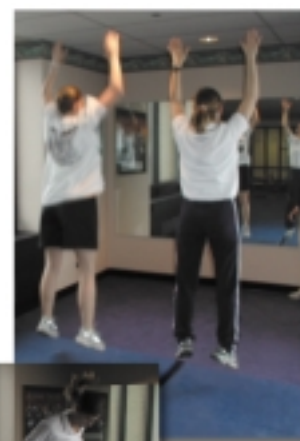
GET TRAINED! Dr. Frank Noyes and the doctors and researchers at Cincinnati Sportsmedicine Research and Education Foundation have been leaders in developing programs to ensure female athletes play well and stay well. Sportsmetrics™ is a scientifically proven, six-week jump training program that incorporates proper stretching, special plyometric exercises and strength training. It is proven to help athletes:

- Significantly reduce the risk of serious knee injury
- Jump higher
- Improve leg strength, especially the hamstrings to quadriceps strength ratio

Sportsmetrics™ can protect the knee while increasing jump power and performance!

Sportsmetrics™ Training is available:

- At Deaconess Hospital in Clifton at the Cincinnati Sportsmedicine Research and Education Foundation's Training Center.
- **At local fitness clubs** in Greater Cincinnati and Northern Kentucky.
- **For your high school** with training provided by our Sportsmetrics™ training team.
- **For your team.** A Sportsmetrics™ trainer will work with your coach to develop training and conditioning programs for your team to prevent injuries and enhance performance.



For more information visit our website at www.sportsmetrics.net or call 513-346-7290 x3737.

Cincinnati Sportsmedicine Research and Education Foundation



What is Sportsmetrics™?

Sportsmetrics™ is a plyometric jump-training program, specifically designed for the female athlete. It focuses on developing overall leg strength as well as improving balance in strength from the front to the back of the thigh. Through specialized progression of jump/plyometric drills, female athletes learn proper techniques for jumping and landing; increase overall leg strength and also improve symmetry in right-to-left leg power.

Why is Sportsmetrics™ training so unique?

Sportsmetrics™ is not just another plyometric training program. The selection and progression of jumps and drills were carefully researched to address specific problems noted in female athletes. Training proceeds from technique development to performance enhancement with each session building on the previous bout of training. The strength and flexibility components have also been carefully reviewed for safety and effectiveness. Essential to the success of the athlete is the trainer interaction and feedback throughout the program. Student to trainer ratios are kept at 6 to 1 or better to ensure that each athlete receives individualized recommendations and attention.



What are people saying about Sportsmetrics™?

Cincinnati Sportsmedicine Research and Education Foundation received the Excellence in Research award from the American Orthopedic Society for Sports Medicine. The *Cincinnati Enquirer* and *Cincinnati Magazine* joined in the excitement with full-page articles reporting the **Sportsmetrics™** results. **Sportsmetrics™** has been featured in *The New York Times*, *ESPN*, *Wide World of Sports*, *Health*, and on *Good Morning America* and Channel Five News.

What can Sportsmetrics™ do for me?

Get screened for injury risks! Just as a cholesterol test can screen a person's risk for developing heart disease, the **Sportsmetrics™ Sports Injury Prevention Test** can screen for an athlete's increased risk for a knee injury. The goal is to screen athletes before they begin their competitive season and provide a training program that can be tailored to correct deficiencies so injury risks can be decreased.

Get involved in a training program that addresses your needs. Today, 27 years after a federal mandate was enacted to provide gender equity in sports, a new generation of female athletes has emerged. **Sportsmetrics™** is the first program scientifically proven to decrease knee injuries in female athletes. Neuromuscular training not only increases muscular power and jump height, but also decreases impact forces at the knee. **Sportsmetrics™** is the program that focuses on the female athlete's needs in training to prevent injury and enhance performance.

How can I get more information?

Visit us at www.sportsmetrics.net. Call 513-346-7290 x3737 or e-mail us at info@sportsmetrics.net.

These programs are brought to you by a winning team...



Frank R. Noyes, M.D., a board certified orthopaedic surgeon and an internationally known expert on the diagnosis and treatment of knee problems, is Chairman and CEO of Cincinnati Sportsmedicine and Orthopaedic Center and the Cincinnati Sportsmedicine Research and Education Foundation.

Dr. Noyes is regularly consulted by the national and local media for his expertise on the understanding and prevention of serious knee injuries in female athletes. If you experience an injury, Dr. Noyes and his associates will provide excellent care from the initial evaluation to your return to successful participation. Visit our website for more information: www.cincinnati-sportsmed.com.



Catherine L. Walsh, M.S. is the Sportsmetrics™ Program Manager for the Cincinnati Sportsmedicine Research and Education Foundation. She earned her master's degree from Miami University in Health Appraisal and Enhancement where her work included studies in program development and women's health and exercise behavior.



Michele L. Brock, B.S. is the Sportsmetrics™ Injury Prevention Trainer for the Cincinnati Sportsmedicine Research and Education Foundation. She earned her bachelor's degree from Miami University in Exercise Science where her studies focused on anatomy and physiology. She is also a certified personal trainer.

Sportsmetrics™ training has been researched and developed with the proud support of the physicians at Cincinnati Sportsmedicine and Orthopaedic Center... the leaders in sports medicine care.